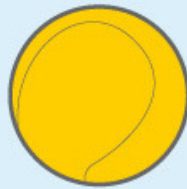




3 oz (75 g) cooked chicken
or meat (4 oz raw):
deck of cards



1 cup (250 ml) cooked rice,
pasta or ice cream:
tennis ball



1 oz (30 g) cheese:
4 dice or 1 domino



medium piece of fruit:
baseball



1 tsp (5 ml) butter or
margarine: one die



1 small baked potato:
a computer mouse



average woman's fist:
1 cup (250 ml)





2 tbsp (30 ml) peanut butter,
jam, salad dressing: golf ball



1 oz (30 g) of chocolate:
a packet of dental floss

<http://www.nestle.ca/usercontrols/article/print>

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

<http://www.prevention.com/cda/homepage.do>

A medium potato = Computer mouse



An average bagel = Hockey puck



1 cup of fruit = Baseball



3 oz. of meat = Deck of playing cards



3 ounces of fish = Checkbook



1 ounce of cheese = 4 dice



1 teaspoon peanut butter = Tip of your thumb



1 cup ice cream/yogurt/veggies = Tennis ball



4" diameter Waffle or Pancake = Compact disc



<http://www.easy-weightloss-tips.com/portion-control.html>

ESTIMATE PORTION SIZES		
FOOD	PORTION SIZE	ESTIMATE
Meat,Fish-cooked	3 oz	palm,cassette,card deck
Cheese	1 oz.	3 dominoes,4 dice
Apple,orange	1 medium	women's fist
Canned fruit	1/2 cup	light bulb
Cooked cereal,rice	1 cup(2 servings)	tennis ball
Cooked dried beans	1/2 cup	light bulb
Peanut Butter	2 Tbsp.	golf ball
Potato	1 medium	computer mouse
Mashed Potatoes	1 cup	average fist
Oil,Salad dressing	2 Tbsp.	shot glass
Butter,Margarine	1 tsp.	1 Scrabble tile or dice
Pasta, cooked	1 cup-2 servings	tennis ball
Bagel	1-average	hockey puck
Pancake, Waffle	1	DVD
Nuts	1/4 cup	golf ball,1 egg
Chips, Pretzels	1 oz.	2 handfuls
Ice Cream	1/2 cup	racquet ball
Egg roll, Burrito	1 small	bar of soap
Cake,donut	small	bar of soap

Liberal Diabetic Diet

Based on the Food Guide Pyramid



Women and older adults can generally use the smaller number of servings listed on the food guide pyramid.

6 servings from the bread and cereal group

3 servings from the vegetable group

2 servings from the fruit group

2-3 servings from the milk group

2 servings from the meat and meat alternatives group

Use fats, oils, and sweets sparingly.

Approximate Calories for the day = 1600

Teen boys and active men can generally use the larger number of servings listed on the food guide pyramid.

11 servings from the bread and cereal group

5 servings from the vegetable group

4 servings from the fruit group

2-3 servings from the milk group

3 servings from the meat and meat alternatives group

Use fats, oils, and sweets sparingly.

Approximate Calories for the day = 2800

Active women and most men can usually use these number of servings.

Children and teen girls are included in this group, too.

9 servings from the bread and cereal group

4 servings from the vegetable group

3 servings from the fruit group

2-3 servings from the milk group

2 servings from the meat and meat alternatives group

Use fats, oils, and sweets sparingly.

Approximate Calories for the day = 2200

Divide servings into 3 meals and an evening snack.



http://www.epicurious.com/images/articles/guides/healthy/news/portioncontrolproducts_01.jpg